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# ProHealth

Presented by the Montana State Personnel Division of the Department of Administration in conjunction with LifeCare, at Saint Vincent Hospital and Health Center, Billings, Montana  
Editors: Steve Shander, and Linda Kaiser

## PLEASE RETURN

Check  
— your  
lunch habits  
& more!



# ProHealth Project a Success

by Steve Shandera, PT., Lifecare  
Manager, Saint Vincent Hospital,  
Billings



## JUST HOW HEALTHY ARE YOU? WHAT ARE YOUR HEALTH RISKS?

Over 6,000 of you, and your spouses, learned the answers to these questions by participating in the **ProHealth Lifestyle Assessment Program**. Since January, 1987, Saint Vincent Hospital and Health Center's LifeCare professionals coordinated the most comprehensive health screening ever offered to employees of the State of Montana.

From Miles City to Missoula to Malta, you provided information about your family health history and lifestyle, underwent a series of screening tests and received a personal, computer-generated report of your current health status and future health risks.

Health professionals were available to discuss results with you and answer questions on how to begin developing a healthier lifestyle. All of you were made more aware of your health risks and

became motivated to make lifestyle changes. Keep up the good work—it's showing!

**prohealth conclusion: eat less,  
exercise more**

Data gathered as part of the statewide health screening suggests that state employees could decrease their health risks by exercising more and eating less. Over half (57%) were found to be at risk because of inadequate exercise, and almost half (46%) are at risk due to being overweight.

For most people, regular exercise goes hand-in-hand with getting rid of unwanted pounds forever. Getting started is the first big hurdle. Start slowly and build up both the amount and speed at which you exercise. Sticking with a program of regular exercise can be immensely rewarding. Get out your willpower and determination and dust them off—they're always ready to go to work for you!

## Percent of ProHealth Participants at risk by risk factor

HEALTH RISK	RISK LEVEL		
	Moderate	Serious	Total
Exercise	38%	19%	57%
Seat Belt Use	18%	35%	53%
Weight	20%	26%	46%
Cholesterol	11%	13%	24%
Hypertension	14%	6%	20%
Smoking	6%	13%	19%
Alcohol	4%	2%	6%

cardiovascular fitness

## ARE YOU IN SHAPE?

Consider yourself in good cardiovascular shape if you meet the following criteria:

- You are content with the way you look.
- Your weight is in the normal range.

- You are usually relaxed and calm and you sleep well at night.
- You have enough energy to do the things you want to do.

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ProHealth report, 1988



# Killer Stalking State Employees

**Are you one of them?**

by Kathie Shandera, LifeCare,  
Saint Vincent Hospital, Billings

The ProHealth screening program of 6,200 state employees revealed that 24% are at risk of developing heart disease due to high blood cholesterol.

This insidious killer, a fatty wax-like substance, may be building up in your arteries as you read this article! Over time, cholesterol can harden and narrow your blood vessels, leading you down the path to a stroke or heart attack.

There are no warning signs of high cholesterol. Only a blood test can determine who is at risk. Employees whose blood was tested through the screening received information stressing the importance of periodic blood cholesterol checks.

Some blood cholesterol is manufactured naturally by our bodies, and we add more through the foods we eat. For most people, eating too much fat and foods high in cholesterol will result in high levels of cholesterol. Some have a hereditary form of elevated cholesterol, which is not a direct result of diet.

Tips for lowering fat and cholesterol in your diet: choose low fat and low cholesterol foods: skim milk, fruit, cereal, beans, whole grains and vegetable oils. Trim all fat from meats and remove poultry skin. Grill or broil meat and limit meat portions to pieces about the size of a deck of cards. Exercise, use non-caffeine drinks (or limit caffeine beverages to two a day). Above all, recognize that changing a health habit takes time and patience. Take each day, one at a time, and do the best you can.

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# Stress—What a Mess!

Stress. A fact of life. Stress is always with us. Happy stress—weddings, first dates, birth and sad stress—death, lay-off, work—are all a part of normal, everyday life. Keep in mind that *everyone* has stress. How you handle it is up to you and though some of us encounter more stress than others, the way we perceive and react to it is more significant than the amount of stress we face. Here are some stress-busters to put to work when you feel the pressure mounting:

## STRESS-BUSTERS

Say no. Get up 20 minutes earlier tomorrow to allow for some spare time for **you**. Put on comfortable clothes—

even if they're what you wore yesterday! Write down everything you need to do today, then cross them off as you complete them. Invest in 2 jars of spaghetti sauce and a couple of bags of spaghetti—dinner's done, and it'll taste great, especially with a little cottage cheese mixed in! Have things to do while you wait in line: balance your checkbook, prepare a grocery list, read a paperback, write a thank you note. Walk for 10 minutes on your lunch hour, even if it's around the block twice. Remember this: the sun is going to rise and set today anyway and there's nothing you can do about it. Except enjoy it more!

## EXERCISE GUIDELINES

- Check with your doctor before beginning an exercise program if you are over 50 and/or have a heart problem.
- Choose activities that you enjoy and vary your routine.
- Schedule your exercise at the same time everyday and try to exercise with a friend when possible.
- Work up gradually and stick with your program for at least 8 weeks.
- Allow time for warm-up and cool down.
- Exercise continuously for at least 30 minutes per session, at least 3 times a week.



## Start training to stop smoking

Smoking, once considered glamorous—Bette Davis, Lauren Bacall, Humphrey Bogart—is out. A danger to health, fitness and beauty, smoking is also one of the greatest risk factors for cancer.

Now is the best time to stop smoking. It can be easy, if you prepare to quit, well in advance. Give yourself a month to "train." Think of yourself as an athlete, preparing for a 10K, and use this strategy:

**Eat well.** Fresh veggies, fruits, grains. Cut down on animal fats, sugar, salt and caffeine. Eat lightly and eat more than three times during the day.

**Sleep.** Lots of heavenly, refreshing sleep. Before, during and after you quit smoking.

**Over 19% of employees screened are at risk because they currently smoke.**

**Exercise.** If you don't have a favorite activity, commit to walking briskly every day for 10 minutes. If you're already on a program, increase the length of your workouts.

**Drink plenty of water.** Everyone needs 8 glasses of water a day. Not soda, not juice, but water. It's so good for all your organs, especially your skin. If you think you retain water, it's because your body holds on to all it gets, which isn't much. Keep the water coming through to cleanse your system. When you get the urge to smoke, have a glass of water instead!

**Picture yourself a non-smoker.** Visualize yourself without the cigarette monkey on your back. The more you think of yourself in a healthy, active lifestyle, the better off you'll be. Mind over matter.

At the end of the month, you'll feel and look better. You'll have treated yourself to a healthy program. What better time to stop smoking... good luck!

## GOVERNOR'S CUP RESULTS



Ellen Feaver and Dean Hersey.

Over 250 state employees ran, walked, jogged and sweated in the annual Governor's Cup Race in Helena on June 4. Nineteen agencies participated in the State Government Competition. Participation increased significantly from last year. The winners were:

### AGENCY TEAM EVENT:

1st Place: *Institutions*—Jim Pomroy, Bobbie Dixon, Dean Hersey, Carrie Froehereich, Doug Weisenberger, Dan Hoy.

2nd Place: *Fish, Wildlife & Parks*—David Clark-Snustad, Mary Anne Aafedt, Dick Mayer, Rich Milspon, Rich Clough.

### PARTICIPATION EVENT:

*Legislative Fiscal Analyst*—59% participation.

*Legislative Council*—49% participation.

### INDIVIDUAL RUNNER EVENT:

1st Place—*Dean Hersey*—Dept. of Institutions Based on a percentile score, i.e., percentage of same age, same sex runners in event which the runner finished ahead of, adjusted to eliminate walking scores.

*Runners above the 90th percentile:* Charlotte Fuson—SRS; Jim Pomroy—Institutions; Jeff Miller—Revenue; Bobbie Dixon—Institutions, Women's Marathon winner; Steve Wilson—Administration.

**Remember, you only have a year to get in shape for next year's competition!**

# Top Illness: High Blood Pressure

Also known as hypertension

Lori Ryan, R.N., LifeCare, Saint Vincent Hospital, Billings

## Are You at Risk for High Cholesterol?

**High (240 mg/dl or above)**  
Get a doctor-ordered test for HDL/LDL ratio. Doctors may prescribe stringent dietary changes followed, if necessary, by drug therapy.

**Borderline-High (200 to 239 mg/dl)**  
Restrict saturated fat, total fat and dietary cholesterol. Recheck cholesterol annually. People with two risk factors\* should follow the recommendation for "high" levels.

\*Risk factors: male, family history of premature heart disease, smoking, hypertension, low HDL level, diabetes, obesity, history of stroke or clots

**Desirable (less than 200 mg/dl)**  
Recheck within five years or with regular exams

NOTE: mg/dl; milligrams per deciliter.

Source: National Institute of Health Report of the Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults, 1987. Unlike previous NIH guidelines, risky cholesterol levels are no longer dependent upon age.

American Health January/February '88

12,500 copies of this public document were published at an estimated cost of \$.20 per copy, for a total cost of \$2495.00, which includes \$2447.50 for printing and \$47.50 for distribution.

In the good old USA, hypertension, known to many of us as high blood pressure, is the number one adult illness. Usually, there are no signs or symptoms at all. That's why a blood pressure check was part of the ProHealth Program Health Risk Assessment. Twenty percent of the participants were found to be at risk because of high blood pressure. The good news is that high blood pressure can be treated and controlled.

If your blood pressure is over 140/90, you are at risk and need to take steps to bring it under control. If your blood pressure is over 160/100 you must see your doctor. The following changes will improve your blood pressure:

**Quit smoking.** 10-20 minutes after you smoke a cigarette, your blood pressure goes up and your heart beats faster and harder. If you smoke a pack a day, you have two times the chance

of having a heart attack than a non-smoker.

**Lose weight if you are overweight.** Excess weight puts an extra burden on the heart by forcing it to pump more blood.

**Exercise regularly.** We can't stress this one enough!

**Reduce alcohol and caffeine intake.** If you have 3 or more drinks or cups of coffee each day, you are more likely to have high blood pressure than if you limit yourself to one or two.

**Reduce saturated fats in your diet.** Read those labels! Get in the habit of knowing what you're putting into your body.

**Reduce salt.** Salt, or sodium, sneaks into your diet in many ways. Avoid salted snacks and cured foods—bacon, pickles, olives.

## What Are Your HDLs and LDLs?

There are two types of cholesterol: 1) high density lipoproteins and 2) low density lipoproteins. Your body produces HDLs which are considered to be the "good" cholesterol and contain the smallest amount of cholesterol and the greatest amount of protein. HDLs are known to sweep away the cholesterol plaque from your arterial walls. High levels of HDL are usually found in people who exercise regularly, don't smoke

and maintain their weight. Low density lipoproteins are considered to be the "bad" cholesterol because they contain the greatest amount of cholesterol and the smallest amount of protein. LDLs deposit on the arterial walls and increase your risk of heart disease.

Take yourself off the heart disease "hit list" by knowing your blood cholesterol level and working to maintain it in a healthy range.

## Find the Fat

Here's a simple math procedure that can help you determine the percentage of calories that come from fat—from frozen dinner to canned vegetable. You just need to know the amount of fat and the number of calories per serving—both easily found on a nutrition label.

Example: A frozen Chinese dinner that has 20 grams of fat and 340 calories per serving. Multiply the number of grams of fat (20) by the number of calories per gram (1 gram = 9 calories.) The total number of calories from fat per serving is 180. Next, divide the number of fat calories (180) by the total calories (340) and multiply by 100. Your answer: the percentage of calories that comes from fat is 53%.

### Fat Quiz

Find the percentage of calories from fat in the following examples:

1. Lowfat cottage cheese: 1 gram fat, 90 calories per serving.
2. Mayonnaise: 11 grams fat, 100 calories per serving.
3. Graham crackers: 3 grams fat, 120 calories per serving.
4. Non-dairy creamer: 1 gram fat, 12 calories per serving.

Answers: 1. 10% 2. 99% 3. 23% 4. 75%

**Fat Reminder:** Beware food labels that read "no cholesterol" without spending more time determining the calories from fat figure.

# What to look for when you purchase an exercise video or participate in an exercise program.

By Nancy Colton

Assistant Professor of Physical Education, Department of Health and Human Development, Montana State University

Reprinted with permission.

So you've decided to develop some type of fitness routine—you know the importance of becoming fit either from the media, your physician or your best friend who has lost "x" number of pounds this past year and who radiates with new found health.

This isn't the first time you've initiated a fitness routine—each year your well meaning intentions have lasted a week, a month, six months and then an injury or lack of motivation caused you to drop out.

This time you've decided an exercise video might be the key to a successful workout. Let's face it, popping a video into the VCR in the privacy of your home has much to offer. You can:

1. work out anytime day or night;
2. wear comfortable clothes and you don't have to dress up in silly leotards with the legs cut out up to your waist;
3. save your pennies; a \$16.95 video is considerably cheaper than membership to a health club;
4. improve self-esteem by NOT being surrounded by 18 year olds with 9 inch waists who drop their noses to the floor during a flexibility warm-up exercise;
5. turn it off when you've had enough instead of going into overdrive to please an instructor or to keep up with the 18 year olds.

## TO BUY OR TO RENT IT

Before purchasing a video, check with local video retail stores to see if you can rent it. Preview the video keeping in mind the following pointers:

1. Do you enjoy the personality of the exercise leader?
2. Do you like the music?
3. Is the video produced for the theatrical effects, i.e., participants whooping it up unrealistically to "sell" how much fun they're having.

## THE RIGHT STUFF

Next, whether it be a video, an exercise class or you undertake your own exercise routine, these points need to be considered:

1. You need to have a good pair of support shoes. If the exercise leader on the video doesn't wear shoes especially during aerobic or weight bearing/bouncing movements, don't follow their example.
2. Make sure you're wearing clothing that is comfortable and non-restrictive. Because participants on the video are wearing flashy leotards, don't be

Over 57% of employees screened are at risk due to lack of exercise.

pressured into wearing something like this if it's uncomfortable.

3. If you are over 40 years of age and have been inactive, a check with your physician is warranted. If pregnant, you must follow your ob-gyn recommendations.
4. Don't set high unattainable goals or expectations. If weight loss is desirable, a sensible diet in combination with exercise is the key. This will take time—months.
5. Intensity, duration and frequency of the workout are the keys to fitness improvement.

### A) Intensity—Karvonen's Formula:

Subtract your age from 220 = maximum heart rate—**do not** exercise at this rate.

Subtract resting heart rate and multiply by .60 = heart rate reserve.

Add your resting heart rate = target heart rate—maintain this during exercise.

Can you carry out a conversation while exercising? If out of breath, slow down.

- B) Duration—at least 20 minutes at the intensity described above. Start out even **less** and **gradually** build up. Too much too soon will result in muscle soreness, or, worse injury.

- C) Frequency—the ACSM suggests three times a week on a non-consecutive day pattern. Don't overdo in your zest for fitness. This leads to fitness dropouts.

6. Never perform exercise that are ballistic (bouncy). Never hyperextend your knees (lock your knees backward) while in a standing position with your head over your knees. Always keep your knees over your feet, not out to one side. Don't arch your back or hyperextend it while doing exercises on all fours. Never assume the yoga plow position. In doing abdominal exercise, push the small of the back into the floor, never arch it or raise legs upon top of a bench to achieve a 90° angle. Often the instructors and participants in videos are poor examples of correct body mechanics. Don't follow their model.

7. If you experience a burning sensation or the exercise hurts, ease up. Hold the less strenuous position and if you feel the muscle, relax, then go down a little further. Exercise leaders that encourage you to "burn, baby, burn" are in reality saying "injury, baby, injury!"

8. In performing aerobic exercises, never work out on a cement surface even if it is covered with carpeting. The best surface is a wood floor or carpeting over wood.

9. A good exercise program consists of a warmup (5-10 minutes), an aerobic phase (20-30 minutes) and a cool down (5-20 minutes). Another variety is to add a calisthenics segment (15-20 minutes), i.e., abdominal work, hip flexor, and quadricep strengthening, after the first cool down and add a second cool down (7-10 minutes). Each video is varied in its program. See attached chart. You may have to include additional time to these segments if the video you choose runs short. All three components are very important. Initially, spend more time warming up and cooling down and only 10-12 minutes on the aerobic segment. This can gradually be increased (about 1.0% a week) until you work for 20-30 minutes on the aerobic component.

10. In any aerobic workout, make sure when making contact to the floor that the ball of your foot hits first and then roll through to your heel. Most video exercise leaders constantly land on the balls of their feet and never roll through. DO NOT model their example.

11. Do you know the credential of the exercise leader of the video? An actor, model or someone that claims to be a fitness lover/teacher for "x" amount of years, doesn't mean they are qualified to teach fitness. In Montana, as in every other state, one must be licensed to cut or color hair and yet exercise leaders are exempt from licensing. There are two nationally recognized certifying agents for exercise leaders, the American College of Sports Medicine (ACSM) and International Dance-Exercise Association (IDEA). If your instructor has passed the requirements of either of these groups or has a degree in physical education, you'll be exposed to quality, medically sound instruction.

"Fitness cannot be bestowed or bought; like honour, it must be earned."  
(Big Sky Winddrinkers)

Exercise videos are available from the State Wellness Program for employees who would like to establish an on-site group exercise program. Contact Vi Pigman of the State Personnel Division for information—444-3871.



# Show You Care by the Belt You Wear



*Safety belts really do work!*

*Reprinted courtesy of the Montana State Highway Patrol.*

## The Safety Belt Issue

Each year over 200 Montanans lose their lives as the result of motor vehicle accidents and another 8,700 are injured. Yet, 92% of the accident victims failed to wear seat belts, resulting in occupant/vehicle, occupant/occupant collision and passengers being thrown from the vehicle.

Auto accidents in Montana are the major cause of paraplegia and quadriplegia from damage to the spinal cord, and the largest contributor to new cases of epilepsy (from head injury).

The costs related to motor vehicle accidents are staggering. Montana economic costs due to the 17,398 reported accidents in 1985 resulted in \$134 million

—insurance payments, health and medical costs, lost wages, and property damage.

Safety belt studies over the past 22 years have shown conclusively that safe-

**Over 53% of employees screened currently are at risk because they do not use seat belts. Studies indicate that safety belts reduce the risk of death and serious injury by over 50%!**

ty belts reduce the risk of death and serious injury by over 50%. Despite the proven effectiveness of safety belts, less than 21% of the population of Montana use them regularly.

## Responsibility

Motor vehicle accidents result in road related trauma and economic costs. Our society is realizing that much of the cost related to traffic accidents is a burden shared by everyone. Our society cannot continue to let this costly activity go on. Therefore, it is the responsibility of all Montanans to take prudent and reasonable steps to reduce death, injury and related costs. One step is to wear safety belts in motorized vehicles.

# \$\$ the bribe that worked! \$\$

Linda Kaiser, Wellness Coordinator, State Personnel Division

The State Wellness Program "bribed" you to make healthy lifestyle changes and many of you rose to the challenge. You've made the commitment and are well down the path to a healthier you.

We are particularly pleased that we have reached beyond those employees who already recognize the importance of and habitually pursue a healthy lifestyle. Over 80% of employees applying for a reimbursement had identified health risks including elevated cholesterol, high blood pressure, excess weight or smoking.

By reducing these risks we reduce the chances of personal and family catastrophe, and we reduce costs to our health benefit plan. Not bad for something that makes us feel healthier and fit.

Here are a few comments from "satisfied customers" in the Bribe Program:

*"I have lost 30 lbs. and many, many inches and am feeling terrific—thanks!"*

*"I am continuing the program in an effort to maintain my newly acquired health status."*

*"I'm going to be a skinny person yet!"*

*"...the aerobics program is really great!"*

*"I appreciate the Wellness program helping me with this (kicking the smoking habit)."*

## THE ONGOING BRIBE

We had such a good response to the "Bribe" Program, we plan to continue it. Here's how the reimbursement works for the new fiscal year (July 1988—June 1989):

**IF YOU:** Attend 75% of the sessions of an approved, introductory cardiovascular fitness program for three months...

**WE WILL:** Reimburse \$35.00 of the cost of the program.

**IF YOU:** Are a smoker and attend 75% of the sessions of an approved smoking cessation program...

**WE WILL:** Reimburse 75% of reasonable costs for the program.

**IF YOU:** (1) Are identified as "high risk"\*\*\* through the PRO HEALTH SCREENING because of elevated cholesterol (240mg or greater), elevated blood pressure (140/90 or greater) or excess weight (20% over recommended weight for your height) and (2) Attend 75% of the sessions of an approved cholesterol/blood pressure reduction program and/or weight control program or an introductory fitness program

**WE WILL:** Reimburse 75% of reasonable costs for TWO programs for the new fiscal year.

## TO GET IN ON THIS OFFER TAKE THE FOLLOWING STEPS

1. Obtain a Wellness application from the Employee Benefits Office in the State Personnel Division by calling 444-3871.
2. If the program you wish to attend has not been approved, also obtain a Wellness Program Information Form and have it completed by the provider and returned to the Employee Benefits Office.
3. After you have received notice that your application and the program has been approved, participate in the program and upon completion submit the following for reimbursement:

- (a) copies of attendance sheets
- (b) proof of payment.

Remember...the reimbursements are limited by available funds. Funds will be committed on a first come basis. Programs must also meet established criteria to be approved for reimbursement and program costs may not exceed established cost ceilings.

We've approved over 60 programs statewide in Billings, Anaconda, Missoula, Kalsipell, Havre, Polson, Great Falls, Dillon, Glendive, Helena, Wolfpoint, Boulder, Libby, Butte, Superior and Lewistown. We'd like to approve more—contact us if you would like to see a program approved.

Sign up today for the "Bribe". You have nothing to lose but some bad habits!